

# SEEN YOUR NEWS?



**WHITMAN COUNCIL ON AGING**  
16 HAYDEN AVENUE • WHITMAN, MA 02382  
(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*  
Barbara J. Garvey, *Director*

**DECEMBER 2016**

Mae Cousineau, *Vice Chairman*  
Jill A. Getchell  
Thomas G. Ford

## Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

### NOTES FROM THE DIRECTOR ...

#### CALLING ALL SANTA'S ELVES ...



As the Holiday Season approaches, we are reminded that many of our Seniors may not have family nearby and could be alone during the Holidays. If you are willing to help us brighten the Holidays for a Senior (as well as provide a little extra financial help) please consider visiting our "Giving Tree" at the Senior Center.

Since gift cards are "one size fits all" and are always appreciated by seniors, the tags on the Giving Tree will request various gift cards. Please consider further supporting our community by purchasing the gift cards from a Whitman establishment. Our town provides a multitude of choices for our seniors—pharmacies, restaurants, coffee shops, grocery stores, convenience stores, and more. For a senior that may not drive, we have our Around Town bus on Mondays that can get the recipient to any location in town to enjoy and redeem their gift cards.

You might also consider purchasing gift cards for our Giving Tree recipients from the Whitman & Hanson Dollars for Scholars program where a percentage of the sales will support student scholarships. Further information is available at the Center.

Our Giving Tree will be at the Senior Center from November 28 through December 19 and gifts will be distributed to seniors between December 20 and 23. If you are interested in being a "Delivery Elf" please let me know.

Thank you for helping to enrich the lives of the elders in our community.

Happy Holidays!

*Barbara*

### CHRISTMAS LUNCHEON

**At the Senior Center**  
**Thursday, December 8th at 12:00**

Join us for live musical entertainment by the Resonators, door prizes, and a delicious luncheon of

- Roast stuffed turkey
- Whipped potatoes
- Glazed carrots
- Rolls and butter
- Cake and ice cream

Coffee and tea will also be provided

Due to space constraints, seating is limited to 36 and the dining room portion of the Center will close at 10:30 for set up. Doors will open at 11:30 for music and cheese and crackers.

Tickets are \$10.00 each and will be available at the Senior Center on a first come first served basis beginning on Monday, November 28th.

### DID YOU KNOW?

Did you know that we send out over 1500 newsletters each month? It is a large undertaking that takes about 25 hours of volunteer time to get the newsletters labeled, folded and taped. We are very lucky to have such a dedicated group of volunteers, but we could use a few more people to help with this project. If you have a spare hour or two a month to help us out, please call Linda at ext. 1.



### BOOK BUZZ ..... At the Senior Center Friday, December 9th at 10:00

Join a representative from the Whitman Public Library, on the 2nd Friday of the month at the Senior Center to chat about books and authors. Come hear about what new books and movies are available, talk about what you are currently reading, hear about other library programs and services, or get suggestions on what to read next!

Please call **extension 2** to sign up and reserve your seat.

### FRIENDS OF THE WHITMAN SENIORS

#### MONTHLY MEETING OF THE FRIENDS AT HARVARD COURT

Friday, December 9th at 12:30 PM

Lunch will be served

To be followed by our meeting and a \$5.00 gift swap  
There is a sign up sheet at the Center for all those who plan to attend

#### ANNUAL CHRISTMAS BAZAAR WILL BE HELD AT THE WHITMAN SENIOR CENTER SATURDAY, DEC. 3RD AND SUNDAY DEC. 4TH FROM 11:00 TO 4:00 EACH DAY

**ALL ARE WELCOME**

Donations to the Christmas Bazaar will be received by the Friends on Saturday, Nov. 12th and Saturday, Nov. 26th at the Whitman Senior Center from 12:00 PM to 4:00 PM

**If anyone has questions call Roberta at 781-261-3930**

### COMPUTER WORKSHOPS

By Richard Stanton

**at the Senior Center on Tuesdays**

**Appointments are available at 10:00, 11:00 or 12:00**

Workshops are 45 minutes long and will have no more than three participants in a session.

Please contact **extension 2** to sign up for the course of your choice.

PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pact Bridge.

iTunes for Digital Music / Video: Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

Editing MP3 Files: Download free editing software to edit MP3 music.

Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

**Crafts with Denise**  
**Wednesday, December 14th**  
**12:30 at the Senior Center**

Cost is \$2.00 per class to help offset supplies expense.

Reservations are required.

Please call **extension 2** if you will be participating.

**Crafts with Erica**

From Sachem Center for Health and Rehabilitation

**Wednesday, December 21st**  
**12:30 pm at the Senior Center**

All supplies are provided. Just bring a willingness to have fun.

Reservations are **required** for space and supply planning.

Please call **extension 2** if you will be participating.



**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, December 12th**  
 10:30 a.m. at the Senior Center

**Fun and Games**

**BANANAGRAMS**  
**Wednesday, December 7th at 12:30**  
**CRIBBAGE**

**Wednesday, December 7th at 1:30**

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**LEFT, CENTER, RIGHT**  
**Friday, December 16th at 10:00 A.M.**  
 and

**Wednesday, December 28th at 12:30 P.M.**

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Sign up at extension 2.

**Weekly Activities**

**ART GROUP**— Tuesdays at 9:00

**BINGO**—Mondays at 1:00 pm

**BINGO at Harvard Court**— Wednesdays at 12:30

**KNITTING GROUP**— Tuesdays at 1:00

**MAH JONGG**—Wednesdays at 1:00 pm

**PICKLEBALL**— Will resume in the Spring

**Wii BOWLING**—Mondays at 8:00 am

**Movie of the Month**

At the Senior Center

**“ LOVE ACTUALLY ”**

**Friday, December 16th**

**1:00 P.M.**

Follow the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

Starring: Hugh Grant, Emma Thompson, Liam Neeson

Run Time: 2 hours, 15 minutes

Rated R—sexuality and language

**Call extension 2 to reserve your seat.**

**Space is limited to 12 attendees.**



**COA BUS TRIPS**

**La Salette**

**Wednesday, December 21st**

Leaves the Senior Center at 3:00

\$9.00 covers transportation only

Upon arrival, you can visit the gift shop or have a snack at the Cafeteria or Bistro which opens at 4:00 p.m. At 5:00, it is the illumination of over 300,000 lights, covering over 10 acres.

Call **Linda** at **extension 1** to sign up.

Sign up date is November 29th

**Reminder...for those who signed up for**  
**Terry Seer's Monthly Social Luncheon...**

**Holiday Luncheon**

**12:00 P.M. on Tuesday, December 13th**

**At Meadowbrook Restaurant, Rt. 27 Hanson**

**\$20.00 per person**

Lunch will be a Pot Roast Dinner with Entertainment.

**A NOTE TO *SNOWBIRDS* .....**

If you are a “Snowbird” preparing to spend the winter in a warmer climate, please contact us to have your name temporarily taken off the Newsletter mailing list. This will avoid the added expense of Returned Postage and would be greatly appreciated!

## DECEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TRIP SIGN UPS BEGIN ON Tuesday, November 29TH AT 8:00 AM</b>	<b>Brighten the Holidays for a Whitman Senior by visiting our Giving Tree in the Senior Center until December 19th</b>		<sup>1</sup> 9:00 Hairdresser by Appt 11:30 Lunch— Chicken Cacciatore  9:00 VANITY FAIR OUTLETS/ “99” in Dartmouth Sign up at ext. 1	<sup>2</sup> 11:30 Lunch— Spanish Pot Roast 1:00 Bingo
<sup>5</sup> 8:00 Wii Bowling 11:30 Lunch-Turkey Chili 1:00 Bingo  9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<sup>6</sup> 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Chicken Marsala 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom  8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2	<sup>7</sup> 11:30 Lunch— Breaded Pork 1:00 Mah Jongg 6:00 Scrapbooking  12:30 Bananagrams 1:30 Cribbage Sign up at ext. 2  9:00 PROVIDENCE PLACE MALL Sign up at ext. 1	<sup>8</sup> 9:00 Hairdresser by Appt  11:30 Christmas Luncheon and Entertainment Ticketed event  9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	<sup>9</sup> 11:30 Lunch—Fish Filet  10:00 BOOK BUZZ Sign up at ext. 2
<sup>12</sup> 8:00 Wii Bowling 11:30 Lunch— Ravioli w/ Meat Sauce 1:00 Bingo  10:30 VISIT WITH ABNER  9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<sup>13</sup> 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Swiss Cheese Omelet 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom  8:30 –12:00 Transportation to and from Senior Center 1:30 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2  11-1 High School Holiday Concert Sign up at ext. 2	<sup>14</sup> 8:20 Podiatrist by Appt 12:30-1:30 Wellness Clinic 11:30 Lunch—Spanish Chicken 1:00 Mah Jongg  12:30 CRAFTS WITH DENISE Sign up at ext. 2  9:00 HANOVER MALL Sign up at ext. 1	<sup>15</sup> 11:30 Lunch—Cheeseburger 12:30-1:30 Wellness Clinic at Harvard Ct  BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u>  TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1	<sup>16</sup> 11:30 Lunch—Roast Pork w/ Apple Glaze  10:00 LEFT, CENTER , RIGHT Sign up at ext. 2  1:00 MOVIE at the SENIOR CENTER (see pg. 3) Sign up at ext. 2
<sup>19</sup> 8:00 Wii Bowling 11:30 Lunch— Chicken, Broccoli, and Ziti Alfredo 1:00 Bingo  9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<sup>20</sup> 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch-Beef, Rice & Pepper Casserole 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt.  8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2	<sup>21</sup> 11:30 Lunch—Greek Chicken 1:00 Mah Jongg  12:30 CRAFTS WITH ERICA Sign up at ext. 2  3:00 LASALETTE Sign up at ext. 1	<sup>22</sup> 9:00 Hairdresser by Appt 11:30 Lunch-Baked Salmon w/Dill Sauce  9:00 Ocean State Job Lot- Randolph, Target/ Olive Garden –Stoughton Sign up at ext. 1	<sup>23</sup> MERRY CHRISTMAS!  SENIOR CENTER CLOSED
<sup>26</sup> MERRY CHRISTMAS!  SENIOR CENTER CLOSED	<sup>27</sup> 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Chicken a L'Orange 10:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom  8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2	<sup>28</sup> 11:30 Lunch—Catch of the Day 1:00 Mah Jongg  12:30 LEFT, CENTER , RIGHT Sign up at ext. 2  9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<sup>29</sup> 9:00 Hairdresser by Appt 11:30 Lunch-Whole Grain Lasagna Rolls w/Meat Sauce  9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1	<sup>30</sup> 11:30 Lunch— Beef Lo Mein  FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1



## Eldercare Q & A from OLD COLONY ELDER SERVICES

### Q. DO I HAVE TO “IMPROVE” TO KEEP GETTING HOME HEALTH CARE ?

No. One of the biggest mistakes that nursing facilities, rehabilitation centers and home health agencies make is telling people covered by Medicare that they can't get skilled nursing, home health care, or physical therapy because they have “reached a plateau,” or “failed to improve.” The courts have ruled that “improvement” is not a requirement for Medicare therapy or home health benefits. A federal judge recently ordered Medicare to do a better job of informing health care providers that the so-called “improvement standard” was no longer in effect.

Older patients with chronic and progressive diseases like Alzheimer's, Parkinson's, or congestive heart failure are unlikely to “improve” over time, but they can still get physical therapy or home health care. Rehabilitation therapy helps prevent declines in walking, eating, speaking, dressing and bathing. Denying someone access to these treatments can worsen their disability, threaten their independence and result in more expensive health care needs.

People on Medicare might get confused reading their Medicare & You booklet, which describes on page 50 that home health is “part-time or intermittent.” That does not mean it has to be short-term. It is true that a doctor must approve your care, and you must be “homebound,” which is defined as having trouble leaving your home without help, and that leaving your home is a major effort. But you cannot be denied care because you are not “improving.”

In a 2013 court decision in Vermont, Medicare was ordered to pay for home health services to prevent a deterioration in a patient's condition. The “stability presumption” was found to be unlawful. The Judge wrote: “A patient's chronic or stable condition does not provide a basis for automatically denying coverage for skilled services. The determination of whether a patient needs skilled nursing care should be based solely upon the patient's unique condition and individual needs, without regard to whether the illness or injury is acute, chronic, terminal, or expected to extend over a long period of time. In addition, skilled care may, depending on the unique condition of the patient, continue to be necessary for patients whose condition is stable.”

The fact that skilled care in a nursing facility or at home has stabilized a person's health, does not render that level of care unnecessary. A person need not risk deterioration of his or her fragile health to validate the continuing requirement for skilled care. Your “failure to improve” cannot be used as a reason to deny you Medicare therapies or home health services. Your care cannot be cut off because you “exhibit a decline in functional status.”

If you are on traditional Medicare or Medicare Advantage, and are receiving services from a nursing facility, rehab facility or home health agency, and you think your covered services are ending too soon, you can ask for a fast appeal; this is referred to as an “expedited determination.” Your provider will give you a notice, before your services end, that will tell you how to appeal. For more information or assistance, call 1-800-323-3205 and ask for the Medicare Advocacy Project.

## TRANSPORTATION

**AROUND TOWN** – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **extension 2** to sign up **no later than 4:00 Thursday**.

**SENIOR CENTER BUS**— Our COA bus is available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2 no later than noon on Monday**.

**FOOD SHOPPING** Our COA bus travels to various grocery stores on **Tuesdays**, **pickups begin at 12:30**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 4:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning. There is a 4 bag limit.

**DIAL-A-BAT**— Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Boston** are provided on Wednesdays and Fridays only.

**Call extension 2 at least two days prior to your appointment to book.**

### MASSACHUSETTS COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM—FY 2016

The Town of Abington has a new \$800,000 grant from the FY 2016 Massachusetts Community Development Block Grant Program to continue the **Abington-Whitman Housing Rehabilitation Program** and to provide funding for both towns' food pantries.

This is the 3rd time that the towns have joined in a *regional effort*, competing with other communities in a highly competitive funding application. The new grant will continue to serve low and moderate income residents and families (all ages) by assisting homeowners in making repairs to their properties.

The funding will provide 0% interest deferred payment loans to an estimated 20 homeowners in the two towns. These loans carry no interest, require no payments, and are forgiven after 15 years, allowing eligible homeowners to make repairs including but not limited to repair or replacement of heating, plumbing, and electrical systems, making handicapped accessibility modifications, repairing siding, removing lead paint hazards, and making energy efficiency improvements. Qualified emergency projects located outside of the Target Area may receive assistance.

The grant will continue to operate from the Community Development Office, located at the Abington Senior Center, 441 Summer Street in Abington. The office is open Mondays and Thursdays. Residents with questions or who wish to apply for housing rehabilitation assistance may contact program staff on those days by calling 781-982-2145, ext. 6.

Housing Rehab applications are also available at both the Abington and Whitman Senior Centers and the Towns' websites.

### FUEL ASSISTANCE

We are taking appointments for help in filling out applications for **first time** fuel assistance applicants.

**Please call at extension 2 to set up an**

### FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, December 27th from 12:00 to 2:30. Please call **extension 2** for an appointment.

### HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, December 20th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

### PODIATRIST

Dr. William Chan. Wednesday, December 14th by appointment only. Contact **extension 2** to make an appointment.  
Upcoming dates: January 11, February 8, March 8

### WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

#### Wednesday:

December 14 Senior Center 12:30—1:30

#### Thursday:

December 15 Harvard Court 12:30—1:30

**Tuesdays** at the Town Hall (VNA Office, Lower Level)

December 6, 13, 20, 22, 27 1:00—2:30

### OUTREACH

**TELEPHONE REASSURANCE** – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

**BROWN BAG DISTRIBUTION PROGRAM** – Thursday, December 15th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

### HAIR by KATHY

**Tuesdays and Thursdays by Appointment**

Contact **extension 2** to make an appointment

Shampoo and Set	\$12.00
Shampoo, Cut, and Set	\$14.00
Wet Cut	\$12.00
Blow Dry w/ Cut	\$14.00
Perm, Cut & Style	\$45.00
Color*, Cut	\$35.00
Color*, No Cut	\$30.00
(*client brings in color)	
Haircuts for Men	\$ 8.00

### Visit the **HARVARD COURT FAYRE**

*located in the Gazebo Room of Harvard Court Housing Complex.*

*The shop is open:*

*Mondays, Wednesdays, Thursdays 1 to 4 pm;*

*Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more.*

*Stop by to see what's available!*

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The Online Directory of Senior Centers

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### CONTACT

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The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



## DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. (check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.** Since meals need to be ordered well in advance, please call one week ahead to book your reservation.



***Transportation is available on Mondays and Tuesdays.***

### ABOUT OUR TRIPS AND ACTIVITIES ...

*Participation in the activities and trips we offer is not limited to seniors over age 60.*

*Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome.*

*Just give the Center a call at 781-447-7619.*

### Help us go GREEN and save MONEY



Our newsletter is now available online at:

**[www.OurSeniorCenter.com](http://www.OurSeniorCenter.com)**

and on the Town of Whitman website

**[www.whitman-ma.gov](http://www.whitman-ma.gov)**

If you read your newsletter online or choose not to receive a newsletter at this time, please **call Linda at extension 1** to have your name taken off of the mailing list.

For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.